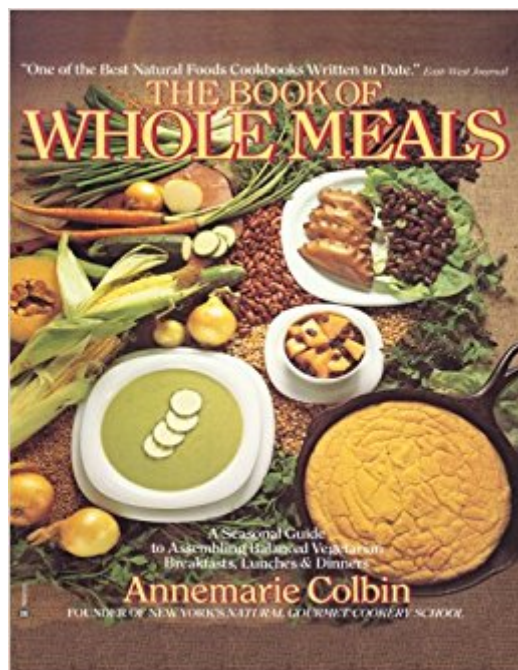




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The Book Of Whole Meals: A Seasonal Guide To Assembling Balanced Vegetarian Breakfasts, Lunches And Dinners



Synopsis

"It is difficult to imagine a better course for practicing, would-be, or even part-time vegetarians," said The New York Times of Annemarie Colbin's cooking classes. And, in this book, the founder of the successful Natural Gourmet Cookery School in New York City offers a whole year's worth of her popular classes. **The Book Of Whole Meals**-- Provides a sound holistic nutritional philosophy on which to base your food choices-- Gives thorough instructions on how to set up a kitchen and a well-stocked pantry-- Offers varied menus for each season: dozens of whole breakfasts, lunches; and dinners, using the fruits and vegetables of the season-- Shows how to make quick meals with leftovers, without sacrificing taste or nutrition-- Teaches you how to maximize efficiency and grace in the kitchen with time-saving hints for organizing every step of food preparation...and more! Voted one of ten best cookbooks by New Age Journal readers.

Book Information

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Customer Reviews

"A pleasure to read."--Vegetarian Times

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Fantastic book. Each section focused on foods that are seasonal. I like how each meal is really a meal plan and allows you to prepare for dinner, breakfast, and lunch using the leftovers. Great tasting, fresh food makes our tummies happy.

I am not a vegetarian but I would like to become one. I bought this book because it offered balanced vegetarian breakfasts, lunches and dinners - just what I was looking for. However, the dinners are HUGE! Of course, a person does not have to cook every dish on the menu, and she does state that, but the whole reason I was drawn to this book was I wanted a book that would say, "Here eat this and you'll get all the nutrients you'll need as a vegetarian." I did not have a problem, as one reviewer did, with the idea that I would need ingredients from dinner, for example, for breakfast the next day. In fact I liked that idea. The first fall menu is: Miso Soup, Brown Rice, Aduki Beans, Sauteed Carrots, Onions and Squash and Cabbage Salad. Doesn't that sound great? For this meal, she writes that you will need TWO 2 or 3 quart covered pots, a 4-quart pressure cooker or 3-quart covered pot, plus a skillet or saucepan. Do you have, or usually need, that many pots? I don't. The next day after cooking this dinner, you use the left-over rice for breakfast, the left-over aduki beans for a soup for lunch and the left-over sauteed carrots-onions-squash in a dish of fried rice with vegetables, also part of the lunch. I like that. I will screw up my courage eventually to try to see how I can use this book, perhaps even buy some more pots and whatever, but I wish someone had written a review warning me about the cooking vessels needed to do the menus as written. (Waffle iron needed for breakfast number three, by the way.)

The book gives a lot of good information, but I'm disappointed with the black graphics. For the price, I think it should have color photos instead of the tacky black and white drawings!

Wonderful recipes...will last you a lifetime

Met expectation

I eat macrobiotically, and although this book is not macro specific, it does a GREAT job laying out how to plan meals to minimize time spent cooking...

I find it interesting, but most of the recipes call for miso which I am having a hard time getting. I am not vegetarian and wanted to try after I heard her lecture. I will see how one of her other books help me with my quest in healthy eating.

seems to be not directed in any one direction for food nutrient values or sense for what to do or not do nutritionally.

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